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FOR IMMEDIATE RELEASE

DATE: January 15, 2016

RE: Winter School District Health Information to Share

January 15, 2016 (Lorain County, Ohio) -

New Meningitis Immunization Requirements

Did you know that the Ohio Department of Health has new immunization requirements for students entering the 7th and 12th grades? Students entering 7th grade are required to receive the meningococcal vaccine to protect them from meningitis, as well as the Tdap vaccine to protect them from tetanus, diphtheria, and pertussis. As another new change this year, students entering 12th grade are also required to receive the meningococcal vaccine. Additionally, children can begin receiving vaccinations required to enter kindergarten any time after their 4th birthday. Call **440-284-3206** to [make an immunization appointment](#) with the Lorain County General Health District, and ask about out low-cost vaccine options.

More than 1 out of every 3 people has pre diabetes.

Are you 1? Call 440-284-3206 to learn more or visit <http://www.livehealthyloraincounty.com/worksitewellness/diabetespreventionprogram> to take the screening quiz. YMCA Diabetes Prevention Program classes are being offered at convenient locations across Lorain County. This healthy lifestyle program reduces the risk of developing diabetes by 58%.

Lorain County Fit Walks

Get moving and improve health at no cost with Fit Walks! Free indoor walking is available at Oberlin Splash Zone on Mondays at 5:30 p.m., Mercy Health & Recreation Center in Amherst on Thursdays at 5:30 p.m., and French Creek YMCA in Avon on Fridays at 5:30 p.m.

No membership is required, and all ages are invited to attend whenever your schedule allows. For more information on the Lorain County Fit Walks, contact LCGHD at **440-322-6367**, visit www.LorainCountyHealth.com, follow us on Twitter [@LorainCoHealth](#), or find us on [Facebook](#).

United We Sweat

Lorain County gyms, fitness centers, and other providers of physical activity have teamed up to offer free fitness classes, open to the public year-round.

For more information on United We Sweat or locations and times of events, visit <http://www.LiveHealthyLorainCounty.com/UnitedWeSweat/>, follow us on Twitter [@LorainCoHealth](#), or find the Lorain County General Health District on [Facebook](#).

February Services: Cardiovascular Health & Disease Prevention

Take Care of Your Heart This Valentine's Day

- Living tobacco-free can reduce your risk for cardiovascular disease. Ask your doctor about concrete steps you can take toward quitting.
- LCGHD's Adult Health Clinics, for adults ages 55 and over, provide some services and screenings to help keep your heart healthy. For appointments, call 440-322-6367.
- Manage your blood pressure to lower your risk of heart attack and heart disease. Visit [iTunes](#) or the [Google Play](#) store to download the *Check It: Your Blood Pressure* app and keep track of your blood pressure.
- Staying active and eating plenty of fruits and vegetables are easy, fun ways to take care of your heart. Visit LiveHealthyLorainCounty.com to find recipes and free fitness opportunities.

School Health and Nursing

Healthy Weight and Your Child

"Healthy Weight and Your Child" is a YMCA program that empowers 7-13-year-olds carrying excess weight to reach a healthy weight and live a healthier lifestyle with the support of their families. This program emphasizes healthy eating, regular physical activity, and behavior change. It is a 12-month program with a total of 25 class sessions requiring both child and parent/guardian participation. Call Linda at [216-509-3480](tel:216-509-3480) for more information.

For more information, contact the Lorain County General Health District at 440-322-6367 or visit LorainCountyHealth.com. For more tips on how to keep healthy, follow us on Twitter [@LorainCoHealth](#) and join us on [Facebook](#).

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The Lorain County Healthy Kids Achieve More Network (HKAMN) is a group of education administrators, educators, students, parents, county-wide provider agencies and medical/health professionals that are committed to providing technical assistance and resources to promote healthy and safe school environments - because healthy kids achieve more! Visit LiveHealthyLorainCounty.com/at-school for more information.